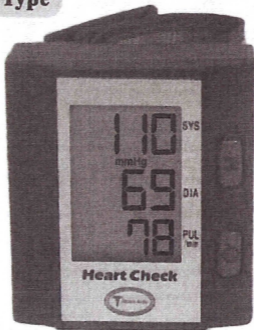


# Heart Check

## Owner's Manual

Model: BP - 201M

Wrist Type



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Thank you for purchasing the BP-201M Blood Pressure Monitor. The BP-201M Blood Pressure Monitor uses the oscillometric method of blood pressure measurement.

Please read this manual thoroughly before using the unit. Please retain this manual for future reference. For specific information about your blood pressure, please **CONSULT YOUR DOCTOR**.

To avoid risk and damage follow all warning precautions. Operate unit only as intended. Read all instructions prior to use.

## WARNING SIGNS AND SYMBOLS USED IN THIS OWNER'S MANUAL



Caution



Prohibited



Mandatory



Type BF Equipment



## Caution

Individuals with serious circulation problems may experience discomfort. Consult your physician prior to use.

Contact your physician if test results regularly indicate abnormal readings. Do not attempt to self-treat these symptoms without consulting your physician first.

Product is designed for its intended use only. Do not misuse in any way.

Product is not intended for infants or individuals who cannot express their intentions.

Do not disassemble or attempt to repair.


Do not use cell phones near the unit as they may cause incorrect readings.





## Battery Precautions

Do not mix new and old batteries simultaneously.

Replace batteries when *Low Battery Indicator* "  " appears on screen.

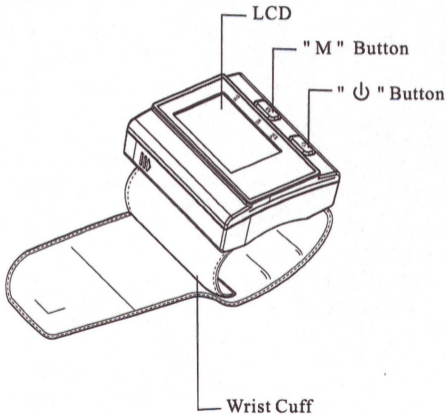
Be sure battery polarity is correct.

Do not mix battery types. Long-life alkaline batteries are recommended.

Remove batteries from device when not in operation for more than 3 months.

Dispose batteries properly; observe local laws and regulations.

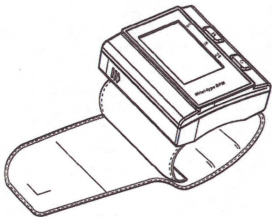
## Monitor Unit



## Contents



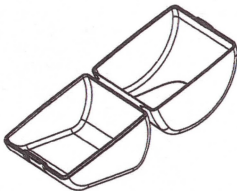
Owner's Manual



Monitor Unit



AAA Batteries



Plastic Storage Case

## **Important Testing Guidelines**

- 1. Avoid eating, exercising, and bathing for 30 minutes prior to testing.**
- 2. Sit in a calm environment for at least 5 minutes prior to testing.**
- 3. Do not stand while testing. Sit in a relaxed position while keeping your wrist level with your heart.**
- 4. Avoid speaking or moving body parts while testing.**
- 5. While testing, avoid strong electromagnetic interference such as microwave ovens and cell phones.**
- 6. Wait 3 minutes or longer before re-testing.**
- 7. Try to measure your blood pressure at the same time each day for consistency.**
- 8. Test comparisons should only be made when monitor is used on the same wrist, in the same position, and at the same time of day.**
- 9. This blood pressure monitor is not recommended for people with severe arrhythmia.**



1. Install batteries. (See Figure A)

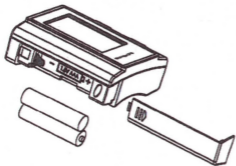


Figure A

2. Remove clothing from the wrist area. (See Figure B)
3. Rest for several minutes prior to testing. Wrap cuff around left wrist. (See Figure C)



Figure B

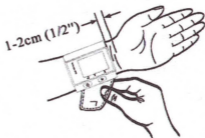


Figure C

4. Sit in a comfortable position and place wrist level with heart.  
(See Figure D)
5. Press "⏏" button to start testing. (See Figure E)



Figure D

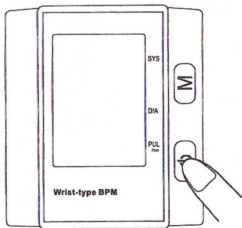


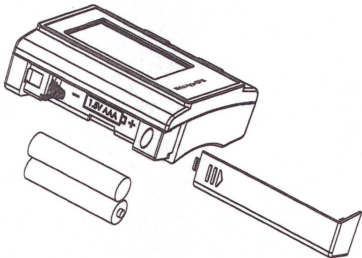
Figure E

## Battery Installation


Slide battery cover off as indicated by arrow.

Install 2 new AAA alkaline batteries according to polarity.

Close battery cover.



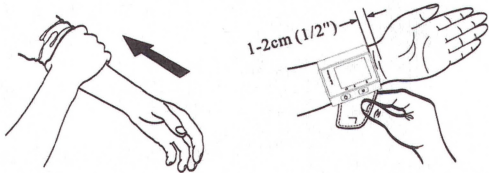
### Note:

- 1) Replace batteries when *Low Battery Indicator* "  " appears on screen.
- 2) Batteries should be removed from device when not in operation for an extended period of time.

## Applying The Wrist Monitor

Do not apply over clothing. If wearing a long sleeved shirt, be sure to roll sleeve back to forearm.

Apply monitor to wrist as illustrated. Tighten cuff firmly as not to wiggle.



### Safety Precaution

If pressure in arm cuff becomes too extreme while testing, press "⏻" button to turn power off. The cuff pressure will rapidly dissipate once the unit is off.

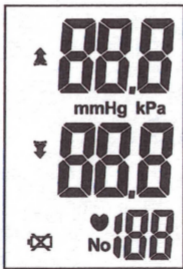
Do not stand while testing. Sit in a comfortable position and place wrist level with heart.



## Testing

### 1. Power On

Press and hold " ⏻ " button until a beep sounds. The LCD screen will appear for one second as unit performs a quick diagnosis. A long tone indicates device is ready for testing.



**Note:** Unit will not function if residual air from previous testing is present in cuff. The LCD will flash " ⚠ " until pressure is stabilized.

## Unit Operation

### Memory Check

With power off, press and hold " M " button to turn the unit on. The LCD will display the last measurement memory as the NO.1 reading.

Older test results in memory can be viewed by pressing the " M " button.





## 2. Pressurization

Initial pressure is first pumped to 190 mmHg. If the current user's systolic blood pressure is over 190mmHg, the unit will automatically re-inflate to the proper shelf.



### 3. Testing

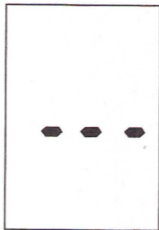
After cuff inflation, air will slowly subside as indicated by the corresponding cuff pressure value. A flashing "♥" will appear simultaneously on screen signaling heart beat detection.



**Note:** Remain relaxed during testing. Avoid speaking or moving body parts.

## Memory Deletion

While in memory check mode, press "⏻" and hold on for about 3 seconds to delete all history results and the LCD screen displays "•••" with beep sounds. Then press "⏻" button to turn off the unit.

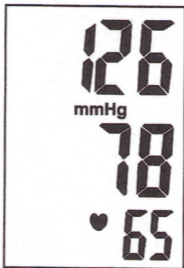


**Note:** No way to recover history results after deletion.

## Unit Operation

### 4. Result Display

Three short beeps sound when testing is complete. The screen will display measurements for systolic and diastolic blood pressure.




**Note:** If the number of tests surpasses the allotted 120 memories, the most recent tests will appear first, thus eliminating oldest readings.

## Power Off

Press "⏻" button in any mode to turn off device.

Unit automatically turns off after 3 minutes of inactivity.

## Low Battery Indicator

4 short warning beeps sound when battery life is depleting and unable to inflate cuff for testing. The " " appears simultaneously for approximately 5 seconds prior to shutting down. Replace batteries at this time.



## Troubleshooting

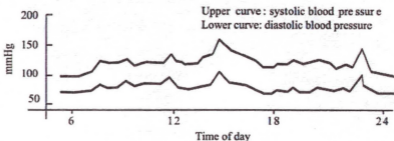
Problem	Possible Cause	Solution
Blood pressure results are not within typical range	Cuff is too tight or not properly positioned on the wrist	Firmly reposition cuff on wrist making sure no wiggle is present. ( See Page 11)
	Inaccurate test results due to body movement or monitor movement	Sit in a relaxed position placing wrist level with heart. Avoid speaking or moving body parts while testing. ( See Page 7)
" Err " displayed	Cuff fails to inflate properly	Remove cuff from wrist and wait 3 minutes before re-testing.
	Improper operation	Read user manual carefully and re-test properly.
	Pressurization is over 300mmHg	Read user manual carefully and re-test properly.

## Blood Pressure

Blood pressure is the force of blood pushing against the walls of arteries. It is typically measured in millimeters of mercury (mmHg.) Systolic blood pressure is the maximum force exerted against blood vessel walls each time the heart beats. Diastolic blood pressure is the force exerted on blood vessels when the heart is resting between beats.

An individual's blood pressure frequently changes throughout the course of a day. Excitement and tension can cause blood pressure to rise, while drinking alcohol and bathing can lower blood pressure. Certain hormones like adrenaline (which your body releases under stress) can cause blood vessels to constrict, leading to a rise in blood pressure.

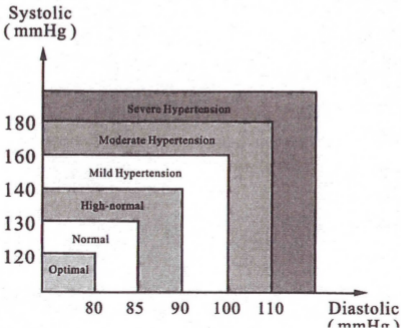
If these measuring numbers become too high, it means the heart is working harder than it should.



Example: fluctuation within a day (male, 35 years old)

## Health Reminder

Hypertension is a dangerous disease that can affect the quality of life. It can lead to a lot of problems including heart failure, kidney failure, and cerebral hemorrhaging. By maintaining a healthy lifestyle and visiting your physician on a regular basis, hypertension and relative diseases are much easier to control when diagnosed in the early stages.





**Note:** Do not be alarmed if an abnormal reading occurs.

A better indication of an individual's blood pressure occurs after 2-3 readings are taken at the same time each day over an extended period of time. Consult your physician if test results remain abnormal.

**Q:** What is the difference between measuring blood pressure at home or at a professional healthcare clinic?

**A:** Blood pressure readings taken at home are now seen to give a more accurate account as they better reflect your daily life. Readings can be elevated when taken in a clinical or medical environment. This is known as White Coat Hypertension and may be caused by feeling anxious or nervous.

**Note:** Abnormal test results may be caused by:

1. Improper cuff placement

Make sure cuff is snug-not too tight or too loose.

2. Improper body position

Make sure to keep your body in an upright position.

3. Feeling anxious or nervous

Take 2-3 deep breaths, wait a few minutes and resume testing.

**Q:** What causes different readings?

**A:** Blood pressure varies throughout the course of a day. Many factors including diet, stress, cuff placement, etc. may affect an individual's blood pressure.

**Q:** Should I apply the cuff to the left or right wrist? What is the difference?

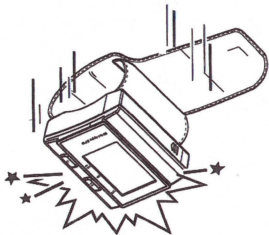
**A:** Either wrist can be used when testing, however, when comparing results, the same wrist should be used.

Testing on your left wrist may provide more accurate results as it is located closer to your heart.

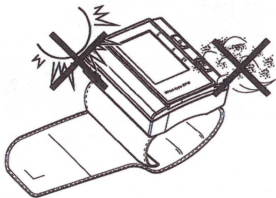
**Q:** What is the best time of day for testing?

**A:** Morning time or any time you feel relaxed and stress free.

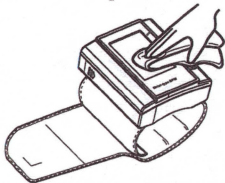
1. Avoid dropping, slamming, or throwing the unit.



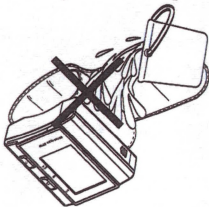
2. Avoid extreme temperatures. Do not use outdoors.



3. When cleaning the unit, use a soft fabric and lightly wipe with mild detergent. Use a damp cloth to remove dirt and excess detergent.



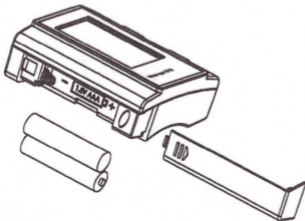
4. **Cuff Cleaning:** Do not soak cuff in water! Apply a small amount of rubbing alcohol to a soft cloth to clean cuff's surface. Use a damp cloth (water-based) to wipe clean. Allow cuff to dry naturally at room temperature.



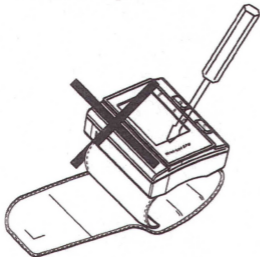
5. Do not use petrol, thinners or similar solvents.



6. Remove batteries when not in operation for an extended period of time.



7. Do not disassemble product.




8. It is recommended the performance be checked every 2 years.

Product Description	Wrist-Type Fully Automatic Digital Blood Pressure Monitor	
Model	BP-201M	
Display	LCD Digital Display Size:45mm×30mm	
Measurement Method	Oscillometric Method	
Measurement Range	Pressure	0mmHg ~ 300mmHg
	Pulse	30 to 180 Beats/Minute
Measurement Accuracy	Pressure	± 3mmHg
	Pulse	± 5%
Pressurization	Automatic Pressurization	
Memory	120 Memories	
Function	Low Battery Detection	
	Automatic Power-Off	
Power Source	2 Alkaline Batteries Size AAA	
Battery Life	Approximately 2 months at 3 tests per day	



# Specifications

Unit Weight	Approx. 117g (4.13 oz.)( Excluding Battery)	
Unit Dimensions	Approx. 76 x 67 x 28.5mm (3" x 2.64" x 1.12" )(L x W x H)	
Cuff Circumference	13.5cm~21.5cm (5.3"~8.5")	
Operating Environment	Temperature	5°C ~ 40°C (41 °F~104 °F)
	Humidity	<85% RH
	Pressure	Atmospheric Pressure
Storage Environment	Temperature	-10°C~55°C (14 °F~131 °F)
	Humidity	<95% RH
	Pressure	525mmHg~795mmHg (70kPa~106kPa)
Classification	Internal Powered Equipment Type BF 	

This device complies with the provisions of EC directive 93/42/EEC (Medical Device Directive.) It is designed according to the European Standard EN1060, Noninvasive sphygmomanometers Part 1: General Requirements and Part 3: Supplementary requirements for electromechanical blood pressure measuring systems.

## **Correct Disposal of This Product** (Waste Electrical & Electronic Equipment)



This marking shown on the product indicates that it should not be disposed with other household waste at the end of its life. To prevent potential harm to the environment or to human health, please separate this product from other types of wastes and recycle it responsibly. When disposing this type of product, contact the retailer where product was purchased or contact your local government office for details regarding how this item can be disposed in an environmentally safe recycling center. Business users should contact their supplier and check the terms and conditions of the purchasing agreement. This product should not be mixed with other commercial wastes for disposal. This product is free of hazardous materials.

We warrant this product to be free from manufacturing defects for a period of 2 years from the original date of consumer purchase. We gladly offer a free exchange and lifetime repair due to manufacturing defects. Please contact local retailer for details.



**Home Aide Diagnostics, Inc.**  
**1072 S. Powerline Rd.**  
**Deerfield Beach, FL 33442**